

Health & Physical Education Talent 21- 6th Grade

Allergies & Asthma Project

Required Class Activity: Straw Breathing Exercise= #1

Individual Activity: Journal Writing: Individually, either on a blank piece of paper or on your Netbook, answer question #1 below.

For students who already have asthma...have them watch the other students demonstration and

Journal write how YOU felt the last time you had an asthma attack.

Group Work: Students will be placed into flexible groups which will include someone who has asthma if applicable. Students will have to work together to come up with a multi-media presentation (<http://www.njcccs.org/TechnologyToolbox.aspx>) to include the following information. Time Line: 3 class periods will be allotted for gathering info and designing multi-media presentation. Project due date will be no earlier than one week after allotted class time.

Multi-Media Presentation Questions: (To be included in presentation)

1. State how and what they felt while doing the breathing exercise .
 - a. Before individual activity, state how you currently feel.
 - b. Students will put large straw in mouth, pinch nose shut and breathe normally for 20 seconds (represents normal breathing). After 20 seconds, state how you currently feel.
 - c. Students will put the small straw in mouth, pinch nose shut and breathe to the best of their ability without cheating for 20 seconds (represents a pre-asthmatic attack). After 20 seconds, state how you currently feel.
 - d. Students run in place for 1 minute, put the small straw in mouth, pinch nose shut and breathe to the best of their ability without cheating for as long as they can (represents a full asthma attack). When you can't breathe through the small straw anymore, state how you currently feel.
 - e. Do you feel there is a difference between asthma when living in a populated city or living out in the country and why?
2. Find 2 websites and list examples on different ways that a person with asthma can deal/cope with this condition everyday. (i.e. medications, slow breathing exercises)
3. Students will locate the current Air Quality levels in our area. Why? (i.e. asthma trigger levels such as trees, grasses, pollen).
4. Why do more people have Asthma now then 20 years ago? What is the correlation between asthma and air quality? Statistics? (i.e. find or make a graph with data found that supports the question)
5. Search and find a professional athlete that has Asthma and learn how they managed this condition while being involved in professional sports.

Grading Rubric:

*	<u>Novice (13-14 points)</u>	<u>Apprentice (15-16 points)</u>	<u>Practitioner (17-18 points)</u>	<u>Advanced Practitioner (19-20 points)</u>
Multi-Media Presentation	Consistent use of fonts in black and white as well as use of pictures	Consistent use of font, color, graphics, effects, etc. to create a theme as well as use of pictures	<p>Consistent use of colors, fonts, and graphics to create a theme that supports the position statement</p> <p>Use of pictures that include:</p> <p>Audio component and/or Video component</p>	<p>All of Practitioner PLUS</p> <p>Student produced video using both audio and video components</p>
Research	Use of an unreliable or disreputable website and no works cited page (no websites listed)	Use of some trusted or reputable websites and 1-2 websites on works cited page	<p>Use of trusted or reputable websites but not limited to:</p> <p>TeacherTube.com, World Health Organization, WebMD.com, KidsHealth.org, CDC.gov, aafa.org, lungusa.org, weather.com, noaa.gov, espn.com and 3-5 websites on works cited page</p>	<p>All of Practitioner PLUS</p> <p>more than 5 websites on works cited page</p>
Journal Writing	Limited explanation of how one member of the group felt while doing the straw breathing activity.	Somewhat expressed how one group member felt while doing the straw breathing activity.	Clearly expressed how each group member felt while doing the experiment.	<p>All of Practitioner PLUS</p> <p>how it relates to the environment (statistics or evidence to support city vs. country living response)</p>
Content	Answered 1-2 group work questions above.	Answered 3 group work questions above.	Answered 4 group work questions above	Answered all 5 group work questions above.
Group Dynamics	Somewhat actively involved in group	<p>Somewhat actively involved in group</p> <p>Working independently on different aspects of project</p>	<p>Actively involved in group</p> <p>Working independently on different aspects of project</p>	<p>All of Practitioner PLUS</p> <p>Working collaboratively on all aspects of project.</p>